



Tuesdays

18th February – 25th March

9.30am – 11.30am

Gate 55 Community Centre
55 Sighthill Road, Edinburgh,
EH11 4PB

This free course aims to give all parents and carers the latest findings from evidence and research to explain what influences the development of positive mental health and emotional wellbeing, and why what you do makes such a difference.

Over six two-hour sessions we will cover the following topics:

- **Promoting Wellbeing:** Supporting children's mental health and wellbeing
- **The Developing Brain:** How experience shapes the brain
- **Why Love Matters:** Creating positive relationships and attachments
- **Staying Connected:** Listening to understand and developing empathy
- **Building Resilience:** Coping with life's ups and downs
- **Looking After Ourselves:** The importance of parental wellbeing

For more information please contact:

EngagingFamilies@edinburgh.gov.uk or book via the QR code

